

Basic Report 15252, USDA Commodity, salmon nuggets, cooked as purchased, unheated

Report Date: February 26, 2015 19:29 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g
Proximates			
Water	g	64.57	18.31
Energy	kcal	189	54
Protein	g	11.97	3.39
Total lipid (fat)	g	10.43	2.96
Carbohydrate, by difference	g	11.85	3.36
Fiber, total dietary	g	0.0	0.0
Minerals			
Calcium, Ca	mg	9	3
Iron, Fe	mg	1.46	0.41
Magnesium, Mg	mg	20	6
Phosphorus, P	mg	173	49
Potassium, K	mg	161	46
Sodium, Na	mg	167	47
Zinc, Zn	mg	0.46	0.13
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.195	0.055
Riboflavin	mg	0.140	0.040
Niacin	mg	5.948	1.686
Vitamin B-6	mg	0.220	0.062
Folate, DFE	µg	11	3
Vitamin B-12	µg	2.18	0.62
Lipids			
Fatty acids, total saturated	g	1.497	0.424
Fatty acids, total monounsaturated	g	4.330	1.228
Fatty acids, total polyunsaturated	g	2.863	0.812

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	
Cholesterol	mg	27		8